



May 2021 Newsletter

Take Your Mark, Go!

GET A DCS L.I.F.E

LEAD. INSPIRE. FOCUS. EXCEL

DCS Families,

The Season has begun! Our DCS athletes are preparing for a great season, one stroke at a time. It is amazing to me how your sons and daughters are focusing for their first Long Course season since the summer of 2019. **The excitement is almost electric in every set we do;** that is the way I feel when I watch them practice. As for our Emerging swimmer groups, I am beginning to see a desire to improve and that makes me super proud of the work they are doing as well.

Just the other day, I read a quote which really identifies with all of our athletes. ***“Always dream and shoot higher than you know you can do. Don’t bother just to be better than your contemporaries or predecessors. Try to be better than yourself”*** - William Faulkner

This quote really applies to every swimmer who is a part of DCS. Our kids try to be the best they can be. But that desire ... that will ... is only up to them. **Parents, your job is to make sure you support their dreams of being the best they can be and ensure they are eating and sleeping well.** As their coach, I will be giving them enough tough love and pushing their boundaries in the pool that they just need a place at home where they can relax from the grind we are beginning to enter. With your understanding, our kids will have a great season.

As always DCS, “Lets Swim Fast, with Class” -Anya G.

-- Coach Jrod

Important Announcements

1. DCSunRays -- Blue and Future Team Join our Summer League Team by May 20th

All Blue, Future, and Bronze Team swimmers are encouraged to participate in the WestSide Summer Swim League (WSSL) this June. Six area teams are members of the WSSL. Membership in and practice for the Summer League program is separate and additional to DCS membership. Blue, Future, Bronze and Silver Team swimmers are encouraged to participate. Cost is **\$80**. [Click here to register](#) or look under "Team Events" on the DCS Calendar on swimdcs.com.

2. Summer Practice Schedule Starts June 1st

After the Memorial Day break on May 31st, there will be NO CHANGE to the June-July practice schedule for Blue, Future, Bronze and Silver Team. **GOLD Team and DCS Masters will train in the early mornings from 6-7:30AM. There is no change in Gold Team's Friday or Saturday practice times.** Check the DCS website for the full schedule.

3. Swim-a-Thon returns in June - #SplashForSupplies

Our biggest annual team fundraiser, Swim-a-Thon, is back in June ... and with a twist! This year, DCS will also celebrate the teachers who support our kids in the classroom by donating a portion of the funds raised by our team to purchase needed supplies for our teachers...a #SplashForSupplies! Please share this news with friends and family! Look for the lanerope on [our website](#) and help support DCS and the larger community.

All DCS swimmers will participate in the non-stop marathon swim during their respective practice times. We will tabulate the yardage swum to calculate the "collective distance" and convert it into miles. Our goal is to swim 999 miles...that distance will take us to Omaha, Nebraska, site of the 2024 USAS Olympic Trials!

4. *Reminder* Safe Sport Required Training for Parents and Swimmers --All practice groups

Thank you to those families who have already completed the training for swimmers and parents; there are many! If you've not seen the videos and received the certificate from USAS, just follow these easy steps: login to your DCS account, click on the Safe Sport tab on the left, scroll down to PARENT / ATHLETE EDUCATION and follow the prompts. This training is a requirement for our team to maintain status as a USAS Safe Sport Recognized club. Thank you!

Mark your calendar

SWIM MEETS

June

DYNAMANIA

@Bussard Aquatic Center

Friday-Saturday, June 4-6th

Limited to Gold, Silver and Bronze Team

DCS Last Chance and Distance Meet

@BWAC

Saturday, June 19th

Limited to GOLD and SILVER Team only

1650 is sole event

13th Annual Stu Hixon Invite

@MVAC

Friday - Sunday, June 25-27th

Limited to Gold, Silver and Bronze only

Prelim/Finals meet

JULY

Dynamo End of Season

@ Bussard Aquatic Center

Friday-Sunday, July 9-11th

Blue, Future, Bronze Group

Prelim/Finals meet

GA Age Group Long Course State Championships

@Georgia Tech

Thursday - Sunday, July 15th-18th

Must have qualifying times to enter

GA Senior Long Course State Championships

Friday - Sunday, July 23rd-25th

Must have qualifying times to enter

TEAM EVENTS

Every practice

Staying Safe with COVID protocols

Monday - Saturday, AM and PM sessions

June 1st

**Summer practice schedule begins (see
website for practice times)**

NO practice

Monday, May 31st (Memorial Day)

Treasurer's Update

Just a reminder that tuition is due by the 10th of each month! Also, should your child decide to take time off or not swim, a 30 day notice is required to suspend your account.

For your convenience, you may pay with a credit card by following these steps:

1. Log into your account
2. Select My Account (on the left side)
3. Under Billing, select Setup Autopay
4. Select the Payment Setup tab
5. Choose "Use for fees associated with your account" to ensure that all items posted to your invoice (meet fees, tuition, any extras such as team gear purchases, etc) are charged to your card at the first of the month. By selecting this option, you will not incur any additional service fees!
6. OR Choose "use for On Demand Payments"; however, this option will incur additional convenience charges.

If you wish to pay by check, please leave payment in the blue bank pouch at the COVID screening station at the pool or mail to DCS, 4352 Avary Place, Douglasville, GA 30135.

Thank you for your steadfast support. Stay well all!

~ Cheryl Melilli

President's Update

By now, I'm sure you are all aware that the governor signed new orders lifting the 50 person occupancy in Georgia and the CDC has new guidelines for wearing masks. You may be wondering what this means for DCS moving forward. As of right now, nothing has changed with our protocols - we still require masks to enter the building, take temperatures, ask our COVID questions, adhere to the occupancy limits set up by BWAC and space the swimmers accordingly. We have been advised that it will take some time for the county, the Parks and Rec Department and the Boundary Waters Aquatic Center to decide what, if any, changes they will make and once we know we will convey to you all what the changes will mean for us as a swim team. Please bear with us, and remember that it took more than 6 weeks for us to get back into the pool after the governor allowed pools to reopen last year.

~ Tish Atwell

DCS L.I.F.E. @ Home

Parents, we received a few wonderful notices of the awards and recognitions our swimmers have received from school and other activities. As the graduations and honors day events wrap this month, please share with us so that we may celebrate a full list of our swimmers' accomplishments outside of the pool in June. Send to douglascountystingrays@gmail.com .

DCS L.I.F.E. @ College (PART 1)

We congratulate our FIVE DCS graduating high school seniors and wish them the very best as they go forward! We remind them that they are always welcome to come back, visit and share!

Ansley Cordle --University of North Georgia

Justin Ellis -- University of West Georgia

Ana Peralta-Rolka -- accepted to University of California (San Diego) and Univ of Arizona but is taking a gap year (undecided)

Spencer Shivers -- Georgia State University

Ashley Thaler -- Florida State University

DCS L.I.F.E. @ College (PART 2)

As reported in March, Danielle Melilli, DCS Alumna and Division II swimmer, exemplifies the DCS LIFE motto-- lead, inspire, focus, excel. A rising Junior at Queens University in North Carolina, she was honored by a vote of NCAA Coaches as the recipient of the [Bluegrass Mountain Conference Swimmer of the Year](#) as well as the [NCAA Division II Female Swimmer of the Year](#) by the College Swimming and Diving Coaches Association of America (CSCAA). Danielle crushed it at the NCAA Division II Championships in April, with three first place individual finishes and seven total All-American swims. What next, Danielle?? You are unstoppable. We are so proud of you!

~ Maria Bartlett

Parent Info

If you have any questions about your child's practice group, training or swim meets, please speak to Coach Jarrod, Coach Julie or Coach Trey outside of the facility at the end of practice or email us at douglascountystingrays@gmail.com to set up a convenient time for everyone.

A gentle reminder: **On time arrival for practice is very important so as not to disrupt the coaches' training for and instructions to our swimmers.** But, running late happens! If you are, please send Coach Jarrod a text to advise @ 470-507-1717

Remember, the more you attend practice, the faster you become fast! Please make being on time a priority!

We welcome a number of new families to DCS! The [swimming terminology](#) below may answer some questions regarding swim jargon you've heard ...or not!

What is a qualifying time?

USA Swimming Motivational Times as well as State and National Qualifying Times are posted on our pool deck behind the starting blocks. Why? Basically, all of these "times" are used by swimmers and coaches to set achievement goals. Since swimming is largely an individual sport, USA Swimming has created a list of "goal times" defined by gender and age, for every stroke and racing distance. Swimmers can then gauge their progress after each event they swim by comparing their race time with the USA Swimming Motivational Times chart. Beginners often start with a "B" goal time. It takes a lot of hard work to swim so fast!

Once your child has achieved solid "BB" and "A" times, it may be time to look at the GA State Qualifying times chart. These times or "cuts" are updated every year and are also specific to age, gender, stroke and distance. If your race times are equal or better to the qualifying times, you will attend the state championship meet! "Going to State" is a goal shared by DCS swimmers.

Time Standard Charts (available on our website at <https://www.teamunify.com/team/gsdcs/page/times/time-standards>)

- [2021-2024 Motivational Chart](#)
- [GA Age Group State Qualifying Times \(2020\)](#)
- [2020 GA Senior State Qualifying Times \(LCM\)](#)
- [2020 Speedo Sectionals Qualifying Times](#)

Remember: swimmers ALWAYS want to "drop time". It's a good thing!

Showing some Love and Keeping Records of Achievement

Virtual achievement patches and fireworks are awarded by USA Swimming to every swimmer once he/she has attained a Motivational Time "B", "BB", "A" and so on OR if they have competed in a long distance event. Just download the free **USA SWIMMING DECK PASS** App. Once your child has competed in a sanctioned swim meet (with official timing and USA Swimming stroke and turn

officials such as the Candy Cane Invite), you will be able to track his/her performance and chart individual progress without having to purchase a giant three-ring binder (unless you want to)! Just download the APP and create an account. Your swimmer's meet experiences are all there.

Another great application to download is **MEET MOBILE**. There is both a free as well as a for purchase version of this application. **MEET MOBILE** allows you to receive real time results of your child's races and placement ranking. This app is a *must* at larger competitions.

~ Maria Bartlett



Sponsors Page

Thank you, DCS FAMILIES.

Your tuition dollars support our swimmers and our coaches every month. Thank you for investing in our swimming program.

It's never too late to become a DCS Sponsor. Interested? We will have a number of recognition opportunities this year to promote local business support of Douglas County Stingrays. Just email us at douglascountystingrays@gmail.com for more information.

~ Maria Bartlett

Swimming Terminology

- **DQ'd** - Disqualified, meaning that there was something illegal about the swimmer's stroke. It is important that all swimmers conform to the same rules for swimming to ensure a fair race for everyone. This is not a bad thing. While it is disappointing to be disqualified for a race, it is also an opportunity to learn and receive some feedback on your stroke.
- **SCY** - Short Course Yards. The length of the pool is measured in yards.
- **LCM** - Long Course Meters. The length of the pool is measured in meters.
- **Short Course Season** - Year round swimming is broken into two seasons. The short course season begins in September (when you pay your annual registration) and lasts until April. Meets during this time take place in 25 yard pools.
- **Long Course Season** - The long course season is April through July and meets are held in the long 50 meter (Olympic sized) pools.

- **Motivational Times** - Are a categorization of swim times, by age group, from slowest to fastest. These times provide guidance to swimmers on where they rank in comparison to others. The groupings are based on letters beginning with B and get progressively faster to AAAA times.
- **Time Standards** - Entry into a “championship meet” is restricted by the minimum time a swimmer must achieve.

www.swimDCS.com

Questions? Email us: douglascountystingrays@gmail

Follow us on Twitter @DCSswimming